

# TRANSITIONS

WINTER 2003

A Quarterly Newsletter for Western Washington University Transfer Students

## Greetings!

Welcome to winter quarter at Western! We hope you are enjoying your first few weeks of the term. Most likely, you've had many questions during your transition to Western, and hopefully you've been able to find resources to assist you. We encourage you to contact offices and departments with any questions or concerns you may have. We will do our best to answer many of the common questions in this quarterly newsletter. If there are any topics you would like to see addressed in future editions, please call our office at 650-3846.

—New Student Programs/Family Outreach  
Viking Union 506  
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## Transition to Western with Young Children

As a transfer student to Western you go through the process of enrolling and visiting the campus to prepare yourself for life at the university. A similar process needs to take place for your child.

Your first step is to find a child care arrangement that best serves your needs. Some options to consider are the A.S. Child Development Center (CDC) located in the Fairhaven residential complex, other childcare centers in Bellingham or your community, family childcare homes, friends or relatives. The Opportunity Council operates a child care resource and referral service and can provide you with a list of services by calling 794-5121, ext. 227.

Parents need to visit childcare options without their child to determine which option meets your needs. Remember you are purchasing the relationship between your child and the caregiver. Be sure to find someone you feel comfortable with, as you'll be communicating with this person on a daily basis. You will be more satisfied when you choose child care situation you are very comfortable with.

After you've made your decision, your child needs to visit the site to become acquainted with the staff and faculty. Spend time with your child in the classroom. Ask questions such as how long have the teachers worked at this site and philosophy of the program. It makes sense to visit a second time at a different time of day. Talk with your child after the visits about what they saw in the classroom to get feedback from your child. Remember to trust your feelings about the site and make your decision based on all the factors. Once you have made your decision, reassure your child that the people there are friendly and warm people whom your child will get to know. Children are best served when parents' needs and concerns are understood and addressed along with the needs of their children.

To receive information about the CDC call 650-3021, stop by the CDC located at Fairhaven residential complex in stacks 11 and 12, or visit their web site at [www.as.wwu.edu/facilities/cdc.html](http://www.as.wwu.edu/facilities/cdc.html). Complete information can be found and the opportunity to apply for

services is available here. Applications are prioritized based on date of application. Some scholarships are available for low-income Pell grant eligible students attending the Center on campus.



## Western Libraries

The Western Libraries include the Mabel Zoe Wilson Library (650-3049) and the Music Library (650-3025) in the Performing Arts Center. Collections and services support the educational goals of the University. Come to the library and enjoy the light and activity of the sky bridge, watch a video, reserve a meeting room for group projects, or find a quiet place to read or study. Visit <http://www.library.wvu.edu> for more information.

Information services from the Libraries include research assistance, instruction in library use, Internet search assistance, and interlibrary loan. Access the Western Library Information system, <http://www.library.wvu.edu>, from computers in the libraries, in campus computer labs, and from personal computers in the residence halls or from any location off-campus. Schedule a tour or research assistance for yourself, or for your study group. For individual research assistance, you will receive an appointment with a subject specialist. It is easy, just go to our "Instruction" pages and select "Library Assistance Appointment Form" (<http://www.library.wvu.edu/inst/consultform.shtml>) and we will set up an appointment that works for you.

Check the library homepage for announcements of events, new books and videos and links to electronic resources. Your Western card is your library card.

Wireless devices are available for student checkout at the Wilson Library Media Circulation desk. Just stop by, fill out the necessary forms, then you can check out a wireless computer.

Check the course catalog and consider registering for one of the library courses offered Spring Quarter. These courses will assist you in developing research skills necessary for undergraduate and graduate work, as well as lifelong learning.

## Jobs Available with Associated Students

With the onslaught of Spring Quarter coming around the bend, we need to start thinking about re-staffing the Associated Students for the 2003-2004 academic year. The Associated Students is both an association of all students at Western as well as the official student governing body for the University. It may seem a little early to be thinking about work for next fall, but hiring will begin soon. The salaried positions will be hired during Spring Quarter 2003; all hourly positions will be hired next fall. The jobs are opened towards the end of Winter Quarter, and the hiring is done fairly early in Spring Quarter. Check the Western Front or come by the office for the exact dates to turn in applications.

We have the job descriptions for every position available in the Associated

Students Personnel Office located in VU 505, so stop by anytime to look over them or call with any questions at 650-6113. The procedure for applying for salaried A.S. positions includes submitting an application packet and attending an interview. To be eligible for employment, your GPA must be 2.00 or better and a minimum of 10 credits per quarter must be maintained. Submit applications to the A.S. Personnel Office by 5:00 p.m. on closing date.

***The Associated Students is an Equal Opportunity Employer.***

*Submit one application per salaried position.*

*GPA, enrollment status, and credit load will be checked by the appropriate VU administration staff member.*

## CASAS and The Men's Violence Prevention Project

CASAS, Crime And Sexual Assault Support Services, provides students with a "case manager" who assists in the process of planning, organizing, coordinating, monitoring, and advocating for the services and resources needed to respond to a victim of crime. Services are available to any student who has ever experienced an assault during childhood, adolescence, adulthood, or as a student. The case manager assists with obtaining medical/legal information, professional counseling, support groups, orders of protection, academic support, emergency leave, financial aid services, housing services, judicial services, and Crime Victim Compensation. CASAS provides a quarterly support group for students who have ever experienced a sexual assault. The Winter Quarter group starts early February. Please call Sarah Rankin at 650-7982 for more infor-

mation. The CASAS 24-hour student help line is 650-3700. CASAS is located in Old Main 585B, next to the elevator on the Edens end of Old Main.

Another way Western is addressing the issue of violence against women is with the Men's Violence Prevention Project. The Men's Violence Prevention Project, through Prevention and Wellness Services, is working to end men's violence by promoting men's health and well-being. With the help of a student group, Western Men Against Violence, we are building a community of healthy men through educational outreach programs, discussion groups, service projects, and special events aimed at encouraging men to value themselves and all members of the community. To get involved or to request more information, please call Brian Pahl at 650-3290.



# Are you ready to take classes in your major? Or maybe declare your major?

## *Helpful tips for taking classes before you declare your major:*

First, determine if the course you want to take requires a prerequisite. You might have taken the prerequisite at your previous college; however, until you show the department or instructor your transcript you may not be able to register for the class. How do you have your course at another institution satisfy a prerequisite? Contact the department and professor teaching the course. You can phone, call, email, or show up in person. Department information is available on Western's home page at [www.wvu.edu](http://www.wvu.edu). They will likely ask you to bring an unofficial transcript from your previous college to the department office.

Be selective when you register to avoid making late changes to your schedule or toughing out a class that you don't like or necessarily need. You can find out more about a course by checking the departmental or professor's website (not all instructors will have web sites.) There you might find the syllabus and additional information about the professor. Perhaps he or she wrote the book you will be using or you might share a common interest, which will make you excited and happy to take the course!

## *Tips for Choosing a Major*

Consult the bulletin or department web site to determine if the major has any Major Declaration Requirements.

## Forming Study Groups

More and more Western students are enjoying the benefits of spending time studying with their peers. Study group involvement gives students the opportunity to actively discuss and explore the course material that they are learning from lecture and readings. In addition to enhancing their understanding of course material, study groups provide a way for students to support and encourage each other.

As a new student, there are several ways you can get involved in study groups. Take the initiative and ask people sitting

For example, you may have to complete certain courses, achieve certain grades, submit an application, or portfolio of work.

Make an appointment to see a faculty advisor. Contact the major department and explain that you would like to meet with a faculty advisor to discuss your plans and steps to declare your major. To prepare for your appointment, first check major information in the bulletin and web site to be familiar with all requirements. Bring any questions you might have to your appointment.

Finally, when you decide on your major and the department approves your application you can officially declare your major. The process is simple. Submit a completed declaration card to the Registrar's Office in Old Main 230. The card requires your signature and the signature of your faculty advisor. For your own records, you should ask your advisor to complete the Advising and Declaration of Major section in your Degree Planning Guide. A signature in your Degree Planning Guide is your proof that you have been accepted into the major.

If none of this works for you and you just don't know what to do then meet with an academic advisor in Old Main 380. You can make an appointment by calling 650-3850. There is also a Choosing a Major guide online at <http://www.acadweb.wvu.edu/advising/>.

near you in class if they are interested in forming a study group. You may be surprised at how many students want to be in a group, but are hesitant to ask others to join them. You can also ask your professor if you can write a note on the board asking interested students to stay for a few minutes after class. If you live in the residence halls, check with your RA or RLA to see if a study group is being organized for any of your courses. For additional suggestions about setting up successful study groups, call or visit the Tutorial Center in Old Main 387, 650-3855.

## Prevention and Wellness Services

- ◆ **Self-Care Center** Campus Services Building, 650-2961: A place where students can find answers to their health questions, free HIV testing, and sexual health consultations including birth control and sexual transmitted infections.
- ◆ **Wellness Outreach Center** Viking Union 432, 650-4321: A comfortable center that provides students with effective, quick stress reduction strategies they can use in their everyday life to improve personal and academic success, including seasonal affective disorder (SAD) lights.
- ◆ **CASAS (Crime And Sexual Assault Support Services)** Old Main 585B, 650-3700: A 24-hour response for students who need assistance and support because of sexual assault, dating/domestic violence, stalking, or other violent crimes.
- ◆ **Western Men Against Violence (WMAV)** Old Main 565, 650-3290: Comprised of men with a variety of interests and backgrounds, WMAV members are committed to ending violence in all our lives and working to ensure health and safety for all members of our campus community.
- ◆ **Alcohol and Drug Consultation and Assessment Services** Old Main 560 C, 650-3643: A confidential, free service for students who have questions about alcohol, other drugs, quitting smoking, over-the-counter and herbal products, or who have concerns about alcohol/drug use by a friend, roommate, partner, or family member.
- ◆ **Lifestyle Advisor Program** Old Main 560, 650-2993: Western students who believe in a healthy way of life provide other students with health information and support that can be easily applied to everyday living.

Stay in touch through Western's home page <http://www.wvu.edu>

## Have You Visited Your Instructor Lately?

- ◆ Take advantage of professor's office hours! This could lead to a better grade, a major, a job, a research project, a life long friend or a mentor. By connecting with your professor you are connecting to alumni, other professors, businesses, and the community. Your professor can help you discover majors, careers, and countless other opportunities. As a courtesy, you should let them know you will be coming to visit during their office hours.
- ◆ Have a time conflict? Make an appointment to come in at another time. Most professors are willing to meet with students outside of office hours at a mutually convenient time.
- ◆ State your name and the course you're in each time you meet with a professor. If a professor gets to know you, he or she will probably start to call you by name. Until this happens, always identify yourself.
- ◆ Remember that sometimes a quick question can be answered over the phone or email. When calling a professor, be sure to identify yourself and ask if it is a convenient time for them to answer a question. If not, find out what time you might call back. If you need to leave a message for a professor, be sure to indicate what time you will be home to receive a call.
- ◆ Be prepared with questions when you go to meet with a professor. Writing out your questions in advance helps you organize your thoughts and ensures that you won't forget anything. Make sure you have tried to find your own answers by reading the text and other resource materials. Be ready to tell the professor what you have already tried in your search for information.
- ◆ Be specific with your questions. Avoid making overly broad statements like "I didn't understand your lecture today" or asking a professor to repeat a lecture you missed. Do some work with the book or talk over your notes with a friend in the class to narrow down your areas of confusion. Your organization will help your professor to see what information you need.

## What Do You Think?

Are there any topics not covered in the Transitions newsletters that you think should be? Have there been any areas covered that you'd like more information on? Email the New Student Programs/Family Outreach office at [nspfo@wwu.edu](mailto:nspfo@wwu.edu) with your Transitions newsletter suggestions! Help us tailor the newsletter to you.

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## Get Involved!

### Associated Students Clubs and Organizations

There are more than 150 clubs and organizations on campus that are recognized by the Associated Students. Being an active member of a club can enrich your experience at WWU. Whether you are interested in expanding your educational experience, meeting new people, developing your leadership skills, or just having fun, there is probably a club at WWU for you. There are many types of clubs, including social issues, cultural/ethnic, political, service, special interest, religious, recreational, and departmental. If there is not a club that meets your interests, you can easily start a new one. For more information about clubs, you can stop by Viking Union 535, call 650-3450, or go the A.S. web page at [www.as.wwu.edu](http://www.as.wwu.edu) (under organizations/clubs).

### Campus Recreation

If you're interested in a wide variety of sports and leisure activities, check out the Office of Campus Recreation. Their programs include intramural sports, non-credit instructional classes, sport clubs, and open recreation. Facilities include Carver Gym, a pool, weight room, tennis and racquetball courts, and an aerobics center. For more information, stop by Carver Gym 101, call 650-3766 or visit us on the web at [www.ac.wwu.edu/~camprec/](http://www.ac.wwu.edu/~camprec/).

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